

Diet Book Review

Eddie Jackson

Kaplan University

SC115: Principles of Nutrition

Unit 6

Obesity is a spreading epidemic in this country. Many Americans would try any crash diet, pop any pills, and subject themselves to life threatening surgeries just to lose some weight. For as many fast food restaurants as this country has (ways to gain weight), there are almost as many ways to lose weight. In my research, I have come across literally hundreds of crash diets, diet plans, and diet systems all stating that they are guaranteed to work. Which ones are good? Which ones are bad? I have found one dieting system book that seems superior to many of the diet plans that are out there. The title of the book is “THIS IS WHY YOU’RE FAT (AND HOW TO GET THIN FOREVER)”.

The book, “THIS IS WHY YOU’RE FAT (AND HOW TO GET THIN FOREVER)”, is written by the self-made millionaire, Jackie Warner. This particular book was published April 2010 (her particular style of fitness came onto the scene in 2004). Jackie is definitely an authority on dieting, exercise, and living healthy lifestyles. She has owned and operated many fitness clubs, written several books, as well as produced a plethora of fitness videos and DVDs. Her book is a complete health system that includes understanding why you are currently fat (what foods makes you fat), changing your eating habits, keeping a food journal, and adding general exercise to your daily regimen. I’ll briefly summarize the author’s system as well as give a rundown of what foods are allowed and those that are not acceptable.

The author begins the book by explaining why people get fat. She critiques refined sugars, hormones, organ toxicity, and stress. Jackie goes into detail why refined sugars are particularly bad for you and why you should drop them from your diet completely. She then provides many types of foods and food combinations that you should be eating and why you should be eating these. After covering the many food types, Jackie describes calorie intake, what grocery shopping should be like and eating organic foods. Towards the middle of the book, there

are numerous exercises that you can add to your 20 minute daily exercise routine. And, at the end of the book, there are complete meals and how to properly prepare them. Now, Jackie definitely lists which foods you should be eating and which foods you should greatly reduce or eliminate from your diet.

There are foods that you really should be eating regularly, Jackie recommends broccoli, whole grain breads and cereals, poultry, oatmeal, beans, fish, frozen produce with sauce, cold pressed olive oil, flaxseed oil, canola oil and eggs. She says the foods you should not be eating are bacon, fried anything, ice or milk, cakes, cookies, candy, sugars, jellies, jams, preserves, sodas, and alcohol (which makes you fat). Jackie does mention if you need to supplement a sweetener in your food, that you should use Truvia.

In conclusion, obesity is a rising concern in America. Around every corner you will find a diet that claims to be guaranteed to work. Diets and dieting systems should be researched and you should only accept the best information from accredited dieticians or experienced health fitness experts. In review of the book, "THIS IS WHY YOU'RE FAT (AND HOW TO GET THIN FOREVER)", I have found the information to be a legitimate, life style changing way of weight loss. Overall, this was a great book.

Reference:

Warner, Jackie. (April 2009). THIS IS WHY YOU'RE FAT (AND HOW TO GET THIN FOREVER). Grand Central Publishing, NY New York.